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The claims:

1. An apparatus for promoting or assisting the healing of an injured area of human anatomy by alternative applications of fluids at differing temperatures, said apparatus including a spray applicator and a reservoir for a first one of said fluids with a pressure pump and fluid heater, the apparatus in use being arranged such that the spray applicator is connected to said pressure pump whereby timed sprays of said first one of said fluids from the reservoir at a selected temperature can be applied to said injured area to increase blood circulation and said apparatus further including a spray source of a second one of said fluids at a temperature below said selected temperature.
2. The apparatus as claimed in claim 1 wherein the fluid reservoir is a tank with said fluid heater and pressure pump being built-in.
3. The apparatus as claimed in claim 2 wherein said apparatus further includes a tub or sump for collection and reuse one or both of said fluids.
4. The apparatus as claimed in claim 3 wherein said first one of said fluids is a solution of salts and minerals dissolved in water.

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5. The apparatus as claimed in claim 4 wherein the pressure pump is adapted to operate off a 12 volt supply to avoid electrical shock.

6. The apparatus as claimed in claim 5 and further including a thermostat for controlling said fluid heater.

7. The apparatus as claimed in claim 6 wherein the reservoir is a cylindrical tank of a size suitable for placement in a domestic bathroom.

8. A method of promoting or assisting the healing of an injured area of human anatomy by alternative applications of fluids at differing temperatures, said method including the steps of:-

- procuring an apparatus which includes a spray applicator and a reservoir for a first one of said fluids with a pressure pump and fluid heater, the apparatus being arranged such that the spray applicator is connected to said pressure pump wherein timed sprays of said first one of said fluids from the reservoir at a selected temperature can be applied to the injured area to increase blood circulation and said apparatus further including a spray source of a second one of said fluids at a temperature below said selected temperature.
- heating said first one of said fluids to the selected temperature in the reservoir, and

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- applying timed sprays of said first one of said fluids at said selected temperature to the injured area.
- alternating said timed sprays with sprays of said second one of said fluids at a temperature below said selected temperature.